



www.walkNH.org

Welcome!

Walk NH is a program for kids and adults to learn how fun and easy it is to get in shape and stay active! Walking regularly helps build strong bones and muscles and can keep you healthy when you get older. But it's never too late to make walking part of your daily routine, and that's why we want people of all ages to take on the Walk NH challenge!

How to participate

You can choose from several ways to participate:

- **As an individual** – walk 190 miles (the length of NH)
- **As an individual** – walk 70 miles (the width of NH)
- **As a team or family of 2-6 adults and/or children** – walk 190 miles

Each member of any team must walk at least 30 miles. Team members can combine miles from individual and group walks.

Tracking your miles

To keep track of your mileage, record your walks in the spaces below and mark your progress on the map on the other side. Walk to or from school and work, to a friend's house, or around your neighborhood. Hike, take a nature walk or snowshoe with friends and family. You'll be surprised at how quickly those miles add up!

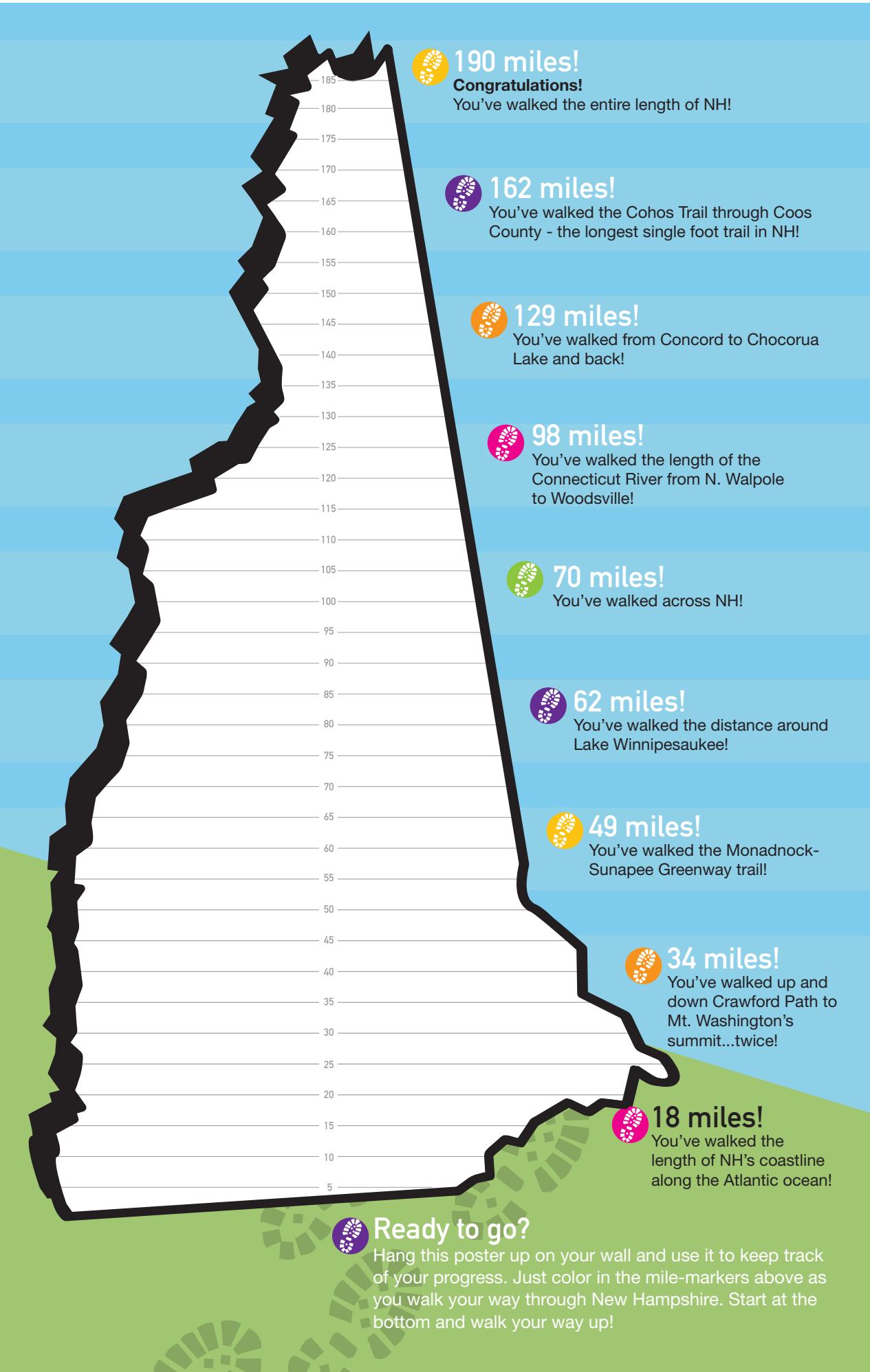
To help you measure, it takes about 30 minutes for a 9-year-old to walk a mile. Don't forget to drink lots of water during or after your walks, and eat healthy snacks to keep up your energy.

Go online

Check out www.walkNH.org for more advice on how to earn your miles. The web site also provides a calendar of community walking events, safety tips, as well as updates and photos from Walk NH participants who want to share how they're doing. You can send us your picture, too!

Reaching your goal

Send us the attached postcard once you've reached your walking goal. Everyone who completes Walk NH will receive an 'I Walked NH' patch.



If you have printed this page from our web site, fill out the information on the card below and mail it to:

WALK NEW HAMPSHIRE
Foundation for Healthy Communities
125 Airport Road
Concord, NH 03301

Congratulations!

You've reached your Walk NH goal! Now just fill out the information on this card. Then cut it out along the dotted line and mail it to the Foundation for Healthy Communities. We will send you a token of achievement that proves **you Walked NH!**

Now that you've made it to the finish line, all that's left to do is start all over again! The best reward when you walk regularly is staying healthy.

What are you waiting for? Get walking!

Name: _____ Age: _____

Address: _____

Phone number: _____

Total personal miles walked: _____

Total team miles walked (if applicable): _____

Company/Organization/School (if applicable): _____
